

standUP FOR YOUR HEALTH!

- ♀ Excessive sitting impacts our body's metabolic system: "Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named **sitting disease**." ~ James Levine, MD, PhD
- ♀ Sitting 6 plus hours per day makes you up to 40% likelier to die within 15 years than someone who sits less than 3 hours per day....even if you exercise.
- ♀ People with sitting jobs have twice the rate of cardiovascular disease as people with standing jobs.
- ♀ Electrical activity in the leg muscles shuts off as soon as you sit.
- ♀ Sitting expends almost no energy; calorie burning in the body drops to 1 calorie per minute when you sit.
- ♀ Enzymes that help break down fat in the body drop 90% as soon as you sit.
- ♀ After 2 hours of sitting, good **cholesterol** drops 20%
- ♀ After 2-4 hours of sitting, **insulin** effectiveness drops 24% and risk of diabetes rises.
- ♀ Walking burns 3-5 times the calories that sitting does. Take every opportunity to walk around the office.
- ♀ Sitting time adds up, whether it's at your desk, in your car or in front of the TV. Interrupt sitting time whenever you can.



Postural rotation is the plan! Our bodies are programmed at the genetic level to move. The best posture is the next posture!

- ♀ Use the stairs whenever possible
- ♀ Encourage co-workers to participate in a fitness challenge; check out the Healthy Lifestyles website for challenges (www.admin.state.nh.us/wellness/Wellness_RewardProgram.html#Lifestyles)
- ♀ Make it a point to **standUP** during phone conversations or conference calls when possible
- ♀ Set a reminder in your calendar (computer or phone) to **standUP** every hour
- ♀ Conduct **standUP** or walking meetings
- ♀ Get up, stretch, get out, move, and play!
- ♀ Consider sit-stand workstation